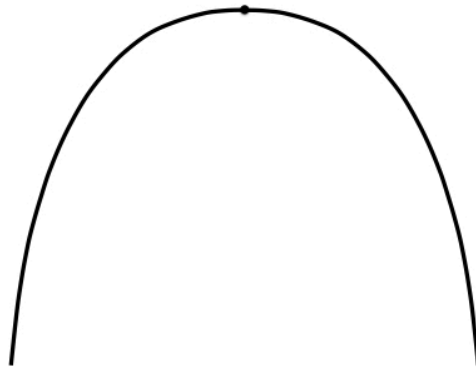
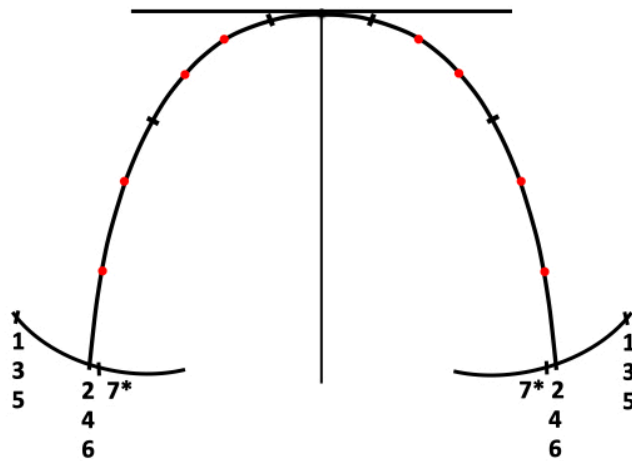


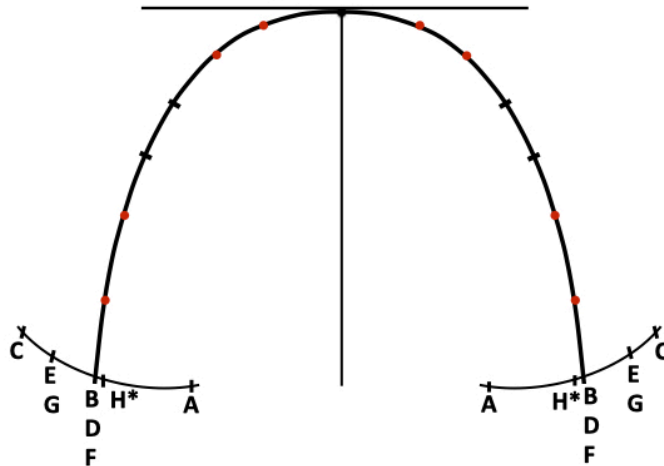
# Exercises - Horizontal Bends (First order)



Lower Arch



Upper Arch



Mucha